

2012 SENIOR WELLNESS MORNINGS

Sponsored by the Senior Wellness Coalition

Held at the Fond du Lac Senior Center, 151 E. 1st Street

Senior Wellness Mornings are held on the **2nd Friday** of the even numbered months only. The entire year of Senior Wellness Mornings has been planned—with great health topics, informative displays, demonstrations and health screenings. Check the schedule below and mark your calendar.

SAVE THIS 2012 SCHEDULE FOR HEALTH TOPICS

9—10 a.m.

- ♦ **Booths:** More than 10 displays on a variety of health related topics.
Visit 4 displays and register to win a door prize provided by the sponsor.
- ♦ **Demonstrations:** A informational or health-related demo will be featured.
- ♦ **Health Screenings:** Blood Pressure, Blood Sugar, and Hearing Screenings will be available at every date; other health screenings may also be offered.

10—11 a.m. **Speaker:** Learn about an important health issue from an expert.

DATE	TOPIC / SPEAKER / SPONSOR
February 10	Long Term Care Insurance / Dave Duffin / ManorCare
April 13	Chiropractic Care / Dr. Scott Suprenand / Wink Chiropractic
June 8	Headache Awareness / Jim Taylor, Physical Therapist / Rehab Arisces
August 10	Anticoagulation Therapy / Katie Reinke, PharMD, RPH / Agnesian Healthcare
October 12	Nutrition in the Golden Years / Mary Leveille, Nurse Practitioner & Stephanie Walker, Nutritionist / Heartland Home Health Care & Hospice and Festival Foods
December 14	Brain Health / Diane Baughn / Alzheimer's Association

Door prizes and refreshments, too!

On the **2nd Friday** of March, May, July, September, and November (odd numbered months) from **8 to 9 a.m.** there will be free **BLOOD SUGAR** and **BLOOD PRESSURE** screenings. At **9 a.m.** there will be refreshments and a **VIDEO** on a health related topic.

NOTE TIME DIFFERENCE DURING THESE MONTHS

Blood sugar screenings sponsored by *Lutheran Homes & Health Services*

Blood pressure screenings sponsored by *All About Life, ManorCare Health Services, Generations Homecare and Hospice, Heartland Homecare and Hospice, and St. Agnes Homecare*

Hearing screenings sponsored by *Avada Audiology & Hearing Care*



Please call the Fond du Lac Senior Center at 322-3630 to register.